

MAY 2013 VOL 3

# NHCL

Naval Hospital Camp Lejeune

## Scuttlebutt



# Operation Recycle Command Teams Up to Clean Up

*Naval Hospital Camp Lejeune Sailors gather to receive instructions on where to go to clean up the hospital grounds during an Earth Day clean up April 22. More than 80 NHCL staff members volunteered for the event and collected approximately 30 bags of trash in an hour's time.*

U.S. Navy photo by Hospitalman Matthew Heefner



# Farewell Naval Hospital



Capt. Anne M. Swap  
Medical Service Corps  
Executive Officer

Geoffrey Chaucer wrote, "All good things must come to an end." In my case that is true about the time I have spent here in Camp Lejeune. I detach from Naval Hospital Camp Lejeune at the end of May to begin my transfer to Naval Hospital Okinawa where I will assume command. It is hard to believe that almost two years have gone by. As I reflect on my time spent here, I realize so much has changed

on our compound with the new wing opening next month and the new emergency room and the National Intrepid Center of Excellence Satellite opening in July, and I have been privileged to see it all.

I can't thank all of you enough for your hard work, dedication and patient advocacy. Our patients deserve the best and I am confident that we give them our very best. We have had many visitors to our command during my tenure and they all have said the same thing. They laud our staff for being engaging, welcoming, helpful, sincere, competent, and nice. I could go on, but it would be more of the same.

There was a poem written by Edgar Guest titled, "I'd rather see a Sermon" that sums up my experience here. In deference to the space allotted I am only going to quote the last 3 lines, "...But I'd rather get my lessons from observing what you do. For I might misunderstand you and the high advice you give. But there is no misunderstanding how you act and how you live."

Soon I will say that I am a Camp Lejeune Alum. I am proud and honored to have been a part of this team. All of you are special and I am a better person for having served with you. Thank you.

Sincerely,

A. M. SWAP

# Audiology Visits Heroes



U.S. Navy photo by Hospitalman Brittany Mitchell

Naval Hospital Camp Lejeune's Hearing Conservation Program Manager Lt. Amy McArthur briefs Heroes Elementary School students about the hazards of loud noise exposure in NHCL's Mobile Occupational Hearing Conservation Audiometric Truck (MOHCAT) aboard Marine Corps Base Camp Lejeune April 17. McArthur and Hospital Corpsman 2nd Class Jessica Smith took part in the school's Science and Technology Fair. Students from grade kindergarten to grade four toured the MOHCAT, heard a tuning forks demonstration, learned about different types of hearing protection and saw illustrations of the ear in the audiometric truck.

## scut·tle·butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

Commanding Officer, NHCL

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[www.facebook.com/nhclejeune](http://www.facebook.com/nhclejeune)



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# NHCL Implements Group-Based Prenatal Care

By Lt. Cmdr. Angela Bartow  
Obstetrics and Gynecology Certified Midwife

**W**e did it! Our first Centering Pregnancy group has given birth and all mothers and babies are doing well. What is Centering Pregnancy you ask? Centering Pregnancy is an evidence-based redesign of prenatal care developed by Sharon Schindler Rising. It uses the concept of group care to promote safety, efficiency, effectiveness, timeliness, culturally appropriate patient-centered care, and more equitable care.

Essentially, for the group of eight to 12 women who were part of Naval Hospital Camp Lejeune Obstetrics and Gynecology Clinic's first Centering Pregnancy group that began in October 2012, they were empowered in their prenatal care by learning to assess their own vital signs and weight. They were able to track their weight gain, fetal growth and fetal well being with the assistance of a licensed practitioner. They enjoyed healthy snacks and then took part in education that was geared toward their needs.

Imagine a pregnant woman walking into a large open room. She is greeted by a provider or co-facilitator. She checks herself in, takes her own vital signs and weight and documents this in her own chart. She begins to have light conversation with other pregnant women who will deliver around the same time that she is due to deliver. She will enjoy a healthy snack while waiting for her turn to have her "tummy check".

After all of the assessments are done, she will receive about an hour of education that is geared toward her and her peer's needs. She will engage in fun activities that help her to retain what she is learning while making new friends that will provide her with a network or expand her support system. When the group session is over, she does not have to check out with anyone because she already knows when her next appointment and all her future appointments will be for the entire pregnancy. Each of these appointments will be with the same provider.

NHCL has since started about one group each month. We have enjoyed special guest speakers from NHCL's dental clinic who

discussed oral health in pregnancy, infancy and the developing child; anesthesia who taught pain management in labor and relaxation techniques; lactation consultants who discussed the benefits and fears about breast feeding; labor and delivery experts, pediatrics consultants, and nutrition consultants who discussed healthy eating to promote a healthy pregnancy and appropriate weight gain.

The concept of group prenatal care may be difficult for some to understand. In a society in which individualism and privacy is extremely important, group centered care may seem awkward. However, those that have participated see the benefits. Patients are more vested in their own health care and are more likely to make healthy choices and lifestyle changes when they see that others around them are making those good choices as well. Military beneficiaries can reap even more from the developed relationships since many of our pregnant women are far from family and friends and may even be going through this eventful time while her husband is deployed.

Providers also benefit from this type of prenatal care. No longer do they have to answer the same questions over and over again throughout the day. They are able to get to know their patients on a much deeper level. Providers feel confident that their patients are getting the necessary education to make healthy choices without feeling rushed or overwhelmed knowing that another patient is waiting in the lobby.

Centering Pregnancy has been utilized at several other military treatment facilities (MTF). The first MTF to use the Centering Pregnancy model started in 2007 in Heidelberg, Germany. Since then, about six MTFs have implemented Centering Pregnancy.

So far, we have received rave reviews from the patients. Patients state that they love the program. They enjoy talking with other patients that are going through the same thing, and they feel that they have a better relationship with their provider.

If you are interested in becoming part of our Centering Pregnancy group, please contact your prenatal specialist at your next appointment.

## Strawberry Picking, Hay Rides and Family Fun



U.S. Navy photos by Hospitalman Matthew Heefner

*More than 50 Naval Hospital Camp Lejeune staff, families and friends gathered for the Family Readiness Group's annual strawberry picking event April 20 at Mike's Farm. Guests enjoyed a tractor-pulled hay ride and strawberry picking by the bushes. For more information about upcoming activities or to volunteer, contact [frgnhcl@gmail.com](mailto:frgnhcl@gmail.com).*



# Operation Recycle Command Teams Up to Clean Up

By Anna Hancock  
Deputy Public Affairs Officer

Would you like 10,000,000 Americans to send you one dollar? One dollar likely wouldn't stress the sender's budget, but for the recipient, it makes all the difference.

An interesting thought, isn't it?

Gary Denson, the recycling coordinator for the Environmental Management Division (EMD) on Marine Corps Base Camp Lejeune opens his routine presentations with this thought provoking statement. He uses it to illustrate how one person can make a considerable difference in environmental sustainability and cost savings.

Naval Hospital Camp Lejeune (NHCL) leadership and staff members decided earlier this year that they will be the ones who strive to make a difference. With a mix of initiative, altruism and executive and base orders, the Directorate for Administration shored up a recycling program and hosted an Earth Day clean up April 22 marking command-wide efforts in teaming up to clean up.

## Leaning Forward

In early 2013, Commanding Officer Capt. David A. Lane and Director for Administration Cmdr. Matthew Case noted how they planned to work with Denson to embark on a proactive recycling program. Simultaneously, NHCL's Operations Management (OpMan) Department was in the midst of reviewing local command instructions.

"The [local] recycling instruction belongs to OpMan which drew my attention considering our recycling efforts were very limited with little guidance," explained Lt. j.g. Serge Shkuro, operations management (OpMan) department head. "The program stood out as an opportunity to make immediate, long-lasting changes through the command. OpMan did the leg work and the CO and DFA provided the support."

After the review, the command set up 12 recycling bins for plastics and aluminums in high traffic areas targeting the quarterdeck and waiting areas in the pharmacy, Family Medicine Clinic, Obstetrics and Gynecology Clinic, Emergency Department and the Lighthouse Café. Twelve additional bins are expected and will be placed in employee break rooms and staff areas in the near future.

"Recycling every bottle, aluminum can and piece of paper helps reduce the time it takes to fill a landfill and potentially saves millions of dollars over the average 25-30 year life span of a landfill," Denson noted. "I'm happy to work with the hospital as they stand up their recycling program."

## The History

In October 2009, a presidential executive order was signed setting sustainability goals for Federal agencies that focus on improving their environment, energy and economic performance. Among the

many requirements expressed in the order, a 50% recycling and waste diversion by 2015.

NHCL took part in recycling efforts for corrugated cardboard and office paper long before 2009. However, accessibility and knowledge of the recycling program often posed the largest obstacles. Only the staff members who knew of the program brought their materials to the loading dock for recycling. Otherwise, recyclable materials were discarded in regular waste receptacles.

Since the executive order, the base is making progress towards the diversion goal but well before 2015. In fiscal year 2012, the base generated 46,000 tons of solid waste. Of the 46,000 tons, the base recycled or diverted 12,250 tons. In just March 2013, the base recycled or diverted about 573 tons. While metrics are still in the works to measure the progress of NHCL command initiatives, leadership note how the frequency in which the bins have to be emptied is increasing at a rapid pace.

## Teaming Up to Clean Up

In line with the recycling efforts, more than 80 civilians and Sailors teamed up to take part in a hospital ground clean up in observance of Earth Day on April 22. Earth Day, an observance established on April 22, 1970 in response to growing public concern about ecological crises, has long been observed by military members around the world. NHCL staff members certainly understood the cause.

The volunteers covered specific areas of the hospital grounds designated by facilities management that were according to directorate. They picked up trash, cleaned the area of debris and enjoyed taking part in volunteer work for the greater good of the hospital, the patients and the environment. Approximately 30 bags of trash were collected in an hour's time.

## The Right Thing To Do

Amongst other environmentally sustainable initiatives throughout the command, the new multi-million dollar construction and renovation projects are the largest. Each building project follows the sustainability design standards set forth by the General Services Administration's Leadership in Energy and Environmental Design (LEED) Green Building Rating System.

Along the LEED design standards, an energy efficient green roof was constructed on the outpatient clinic building, local building materials were used when available to reduce the cost of fuel required for procurement, and carpool parking spots close to the facility were designated to incentivize environmentally friendly decisions by patients and staff members.

"What I like most about our team is that we are a group of forward thinkers who value the benefits reaped from working together as a team," explained Case. "We do these things like recycling, Earth Day clean ups and 'going green' in our construction and renovation projects because we know it's the right thing to do, and we are committed to bringing value in everything we do."





U.S. Navy photo by Hospitalman Brittany Mitchell

*Naval Hospital Camp Lejeune's Commanding Officer Capt. David A. Lane (center) kicks off the command Earth Day Clean-up event on the hospital grounds April 22.*



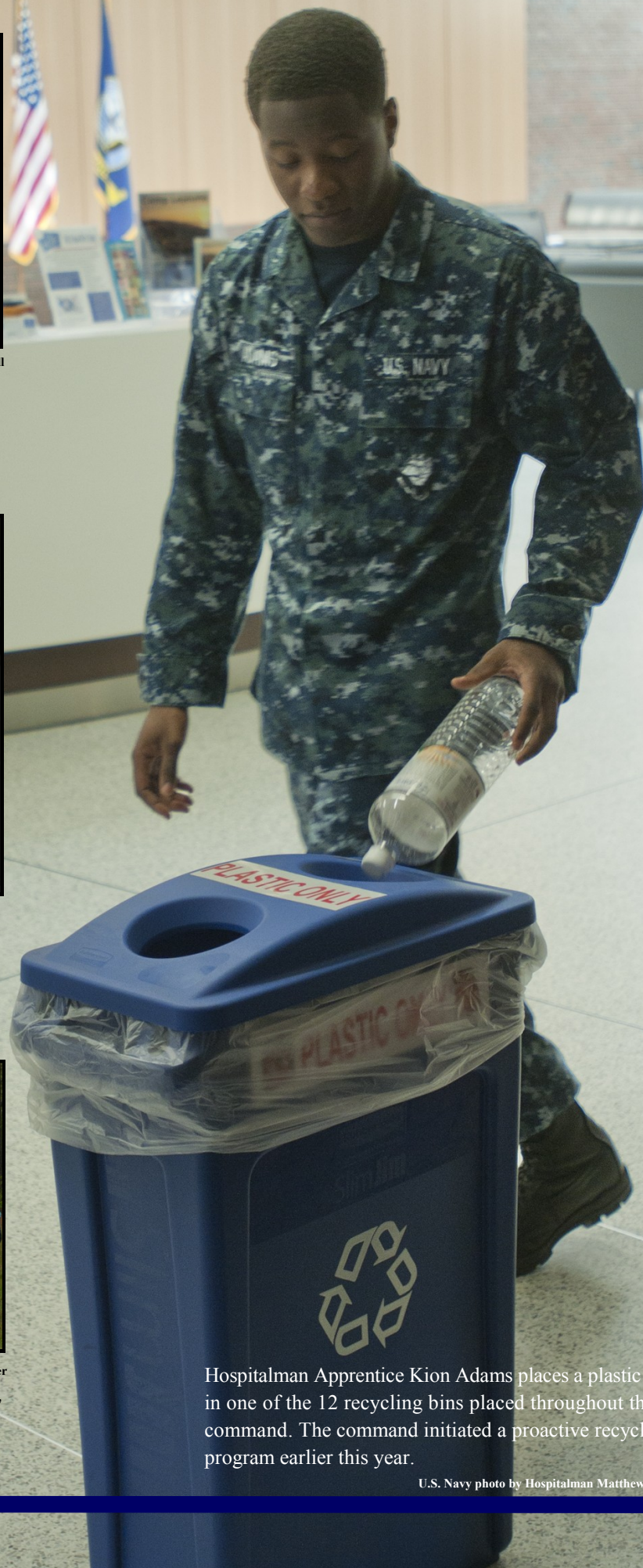
U.S. Navy photo by Hospitalman Matthew Heefner

*Chief Hospital Corpsman Richard Marquis (front) and Sailors collect trash and debris during the command Earth Day clean-up April 22.*



U.S. Navy photo by Hospitalman Matthew Heefner

*Sailors from Naval Hospital Camp Lejeune voluntarily clean up the hospital grounds by picking up loose trash and debris in light of Earth Day April 22.*



Hospitalman Apprentice Kion Adams places a plastic bottle in one of the 12 recycling bins placed throughout the command. The command initiated a proactive recycling program earlier this year.

U.S. Navy photo by Hospitalman Matthew Heefner



# HOSPITAL ROUNDS

 **NAVAL HOSPITAL CAMP LEJEUNE**  
**Mammogram Screening Event**  
Radiology Department 2nd floor  
  
**May 13 - 16, 2013**  
**8:00 a.m. - 11:30 a.m.**  
**1:00 p.m. - 5:30 p.m.**  
**Patients may Walk-In or Schedule an appointment**  
by phone at: 910.450.3470/3215 or  
email: tammy.mctaggart@med.navy.mil  
  
**Who should come:**

- Women 40 years or older who need an initial mammogram or who are not current with their annual mammogram.
- This screening is open to ALL **TRICARE** beneficiaries
- Women with any concerns should contact their PCM.

  
Please **DO NOT** use deodorant, powder or perfume products on the day of your mammogram.

## Safety Expo Coming Soon

Mark your calendars for NHCL's Safety Expo 2013!

May 16 from 12:00 p.m. to 4:00 p.m.

NHCL Galley

Bring your CAC card for accountability.

## Tickets for Nurse Corps Birthday

The Naval Hospital Camp Lejeune Nurses' Association respectfully requests your attendance to the Nurses' Association Dinner celebration in honor of the 105th Navy Nurse Corps Birthday & National Nurses Week.

At a quarter past Five O'clock in the evening  
Friday, the 10th of May, Two Thousand Thirteen  
Paradise Point Officers' Club  
Camp Lejeune Room

Buffet menu includes:

Grilled Mahi Fillet with Creole Shrimp Sauce  
Sautéed Chicken Breast with Marsala Mushroom Sauce  
Sliced Roast Beef with Rosemary Au Jus  
Green Bean Almandine, Buttered Sweet Corn, Wild & White  
Rice Pilaf, Salad, Dinner Rolls

Cocktail Attire

\$25 per person. Make checks payable to Nurses Fund.

Contact Lt. Cmdr. Tim Drill for more details at  
timothy.drill@med.navy.mil.

## Way to go NHCL staff!

We raised **\$26,204** dollars for the Navy Marine Corps Relief Society in the 2013 Fund Drive.  
These monies benefit Marines and Sailors in need. For information on NMCRS visit [www.nmcres.org](http://www.nmcres.org).

## Wish You Could Email Your PCM?

You can! If you or your child is enrolled to Naval Hospital Camp Lejeune primary care, we encourage you to sign up for Relay Health at [www.relayhealth.com](http://www.relayhealth.com). Here, you can securely message providers, make appointments, request prescription refills and more! Sign up today!

## Introducing Command HIPAA Officer



Greetings Naval Hospital Camp Lejeune! I am Naomi Shelby, your new Command Privacy and Health Insurance Portability Accountability Act (HIPAA) Officer and I am located within the Patient Administration office. In my role, I plan to be very engaged with Privacy and HIPAA. One of the first things on my agenda will be visiting all the departments and branch clinics. I

will be looking at different processes and implementing new policies on training and compliance procedures. Privacy and HIPAA is everyone's responsibility. All Naval Hospital staff members play a role in protecting privileged information and my goal is education. Privacy and HIPAA aren't to be feared, but rather, when used effectively they are tools that we can use to enhance our quality of care to those we serve. I look forward to serving you!

# NHCL Focuses on Patient Safety

By Lance Cpl. Joshua Grant

Marine Corps Base Camp Lejeune Public Affairs

Your spouse is sick, the only place open at 2 a.m. is the hospital. You get evaluated and receive medication, but the sickness only gets worse. Thousands of hospital patients worldwide are given the wrong medications or have records misplaced every year, but during National Patient Safety Week, the Naval Hospital aboard Marine Corps Base Camp Lejeune is doing its part to prevent any mishaps.

NPSW began with the formation of National Patient Safety Organization in 1997 whose main goal is to improve the safety of care provided to patients.

The concept behind NPSW is to prevent avoidable harm and mistakes. Having systems fail such as communication or records management can cause wrong medications to be distributed, but it is preventable, stated Lindy Eatherington, the Patient Safety Manager at NHCL.

"There is a process of validation for a patient's full name and date of birth to ensure we have the correct chart, health records and the right labs to certify the correct test results end up with the proper patient," said Eatherington. "NPSW is designed to raise the awareness not only for our patients, but our staff. Our goal is to have our patients involved in their care, so they understand what

their health care provider is telling them and to make sure they ask questions."

The National Patient Safety Foundation has an 'Ask me 3' program in place to encourage patients' involvement in their healthcare. Patients should communicate with their provider and be clear as to what their main concern is, what they need to do, and why it's important to follow through with the doctor's course of action.

Physical systems, such as electronic record keeping, were set up to alleviate communication problems, added Eatherington.

"Sometimes portions of records need to be seen by different sections in the hospital, and the systems created help it greatly," said Eatherington. "If a mother has a baby and pediatrics needs to see something on the mother's record, the information is easily accessible with the systems established."

Eatherington stated individuals as well as family members need to advocate for themselves when it comes to medical attention.

"They need to ask questions, they need to get involved," said Eatherington. "If a family member needs to come to an appointment to help understand what happened or if a family member can help with the discharge process, it's a great thing."

Medical exams and appointments may seem monotonous to service members, but with National Patient Safety Week the process behind keeping patients and health care providers educated is a yearly renewal.

## Reaching Out to Active Duty Spouses

By Raymond Applewhite

Public Affairs Officer

Have you ever had questions, ideas, suggestions or concerns about Naval Hospital Camp Lejeune that were important to you, but you struggled to get your voice heard? Or maybe you wanted to talk to someone who could really make a difference in addressing your concerns about health care. Well it is as simple as 1-2-3 at NHCL. NHCL's Commanding Officer Capt. David Lane is looking for opportunities to speak to active duty spouses to increase their level of awareness about the hospital. Equally as important he wants to address concerns or issues that are important to active duty spouses.

There are approximately 18,100 active duty spouses within a 40 mile radius of the hospital. While it's impossible to meet all the needs of 18,100, NHCL's command leadership team is making every effort to reach out to local spouses and groups. Since assuming command in June 2012, Lane has attended numerous spouse meetings to include the Camp Lejeune Officer Wives'

Club, New River Officer Spouse Club, New River Enlisted Spouse Club, Family Readiness Officers Quarterly Meetings, several veteran and military retiree organizations as well as the Widow's Association.

"The meetings are not intended to be gripe sessions and are designed to gain feedback from those we serve. When I visit various groups, I often hear numerous compliments about the hospital staff and the many services we provide," said Lane. "I also hear the good, the bad and the ugly about matters that are vitally important to our beneficiaries and sometimes, people let me know that they simply are not aware of what is going on at the hospital," said Lane.

The hospital will not rest on its laurels, and is totally committed to ensuring that beneficiaries, visitors, and guests have a pleasant experience with all encounters with the hospital.

Spouse groups should contact Raymond Applewhite, the command Public Affairs Officer at 450-4463, or Anna Hancock, Deputy Public Affairs Officer at 450-3501 as far in advance as possible to request the hospital commanders appearance at meetings.

To learn more about the Naval Hospital please visit us online [www.facebook.com/nhclejeune](http://www.facebook.com/nhclejeune) or on the web.

# NHCL Encourages Women to Have the WOW Factor

By Irene Sargent  
Population Health Specialist

We are raised to own and invest in our homes, cars and the luxuries of womanhood like shoes, bling bling and more but some women don't always own their wellness! They allow the "Wonder Woman Syndrome" (aka multiple multitasking) to take over from owning their wellness and making it our number one priority. Some women even schedule car maintenance to ensure it takes them where they need to go but they often do not schedule their own preventive health maintenance.

Ladies, do you want to enjoy those luxuries longer or add it to your extended lifetime warranty? Women, Own your Wellness (WOW) today! Naval Hospital Camp Lejeune is offering walk-in mammograms in May for women 40 years old and beyond. We have not forgotten the younger ladies and we encourage you to remember your preventive screenings including cervical cancer screening (pap smear), monthly breast self-exams and immunizations.

So WOW us now and it will be the best investment in your life! See page 6 for mammogram details.



## NHCL Awards Members of the Quarter



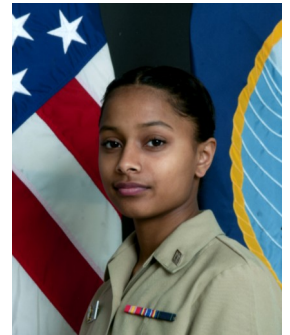
**Lt. Nicole Martin**  
Officer of the Quarter



**Hospital Corpsman 1st Class James Panagakis**  
Sailor of the Quarter



**Hospital Corpsman 2nd Class Christina Erickson**  
Junior Sailor of the Quarter



**Hospitalman Dhana Panicker**  
Blue Jacket of the Quarter



**Denise Peterson**  
Contractor of the Quarter



**Yesenia Kurtzweil**  
Civilian of the Quarter  
Cat I



**Heather Sawyer**  
Civilian of the Quarter  
Cat II



**Carol Johnson**  
Volunteer of the Quarter